

JUNE BATHROOM BANTER!

WELLNESS@SANANTONIO.GOV
210-207-WELL (9355)

4-7-8 Breathing Exercise

1 Breathe in for 4 seconds

Hold your breath for 7 seconds **2**

3 Breathe out slowly for 8 seconds

Repeat at least 3x

This simple exercise activates the parasympathetic nervous system responsible for "rest and digest" which helps lower your heart rate and relax your internal organs.

June is Men's Health Awareness Month

Did you know:

The top risk factors for men include:

1. Heart disease
2. Cancer
3. Unintentional injury
4. Chronic respiratory diseases
5. Stroke
6. Diabetes



What you can do:

1. Get regular check-ups
2. Don't smoke
3. Manage stress
4. Eat a healthy diet
5. Maintain a healthy weight

<https://www.cdc.gov/healthequity/lcod/men/2015/index.htm>

June Education Sessions

COME JOIN EPIC ENDURANCE TO LEARN MORE INFORMATION ON CREATING HEALTHY HABITS AND FUELING YOUR BODY FOR YOUR PHYSICAL ACTIVITY GOALS. YOU WILL ALSO HAVE THE OPPORTUNITY TO LEARN MORE ON THE MARATHON TRAINING PROGRAM THAT IS CURRENTLY BEING OFFERED TO CITY EMPLOYEES.



JUNE 11TH

**HOW SETTING HABITS
CAN HELP YOU
ACHIEVE YOUR GOALS**

**TIME: 12-1PM
LOCATION: MUNICIPAL
PLAZA, C-ROOM**

JUNE 18TH

**NUTRITION FOR
FITNESS**

**TIME: 12-1PM
LOCATION: RIVERVIEW
TOWERS, HABANERO ROOM**



CONTACT HR CUSTOMER SERVICE AT 207-8705 OR
ASKHR@SANANTONIO.GOV TO RESERVE YOUR SEAT.

CHILI LIME melon salad



INGREDIENTS

- 1 CANTALOUPE, SEEDED AND SLICED INTO WEDGES
- JUICE FROM 1/2 A LIME + MORE TO TASTE
- 1/2-1 TEASPOON CHILI POWDER
- COARSE SEA SALT
- MINCED CILANTRO (AS MUCH OR AS LITTLE AS YOU LIKE!)

DIRECTIONS

- SPRINKLE THE SLICED MELON WITH THE LIME JUICE, CHILI POWDER, SALT AND CILANTRO.
- SERVE AT ROOM TEMPERATURE.

<http://dishingupthedirt.com/recipes/chili-lime-melon-salad/>

Try this out!